

**APPLICATION OF BACK MASSAGE TO REDUCE BLOOD PRESSURE
IN HYPERTENSION PATIENTS
IN LEDOK VILLAGE**

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ABSTRACT

Background ;Hypertension is a condition when blood pressure is at 140/90 mmHg which is caused by several factors, namely genetic or hereditary factors, physical changes, and unhealthy lifestyles. One of the non-pharmacological techniques to reduce hypertension is back massage. Back massage is a rubbing motion, either done with the palms of the hands or the pads of the fingers. This movement can be done lightly or with a little emphasis. Back massage can reduce systolic and diastolic blood pressure. **Objectives**; To find out the results of the implementation of the application of Back Massage in patients with hypertension. **Method** ; This type of research is a case study that uses descriptive research methods. This implementation uses two respondents for 3 consecutive days in 20 minutes. **Results** ; Mr. S and Mr. M decreased after applying back massage for 3 days. Blood pressure Mr. S from 150/90 mmHg to 140/80 mmHg there is a decrease in systolic and diastolic 10 mmHg. While the blood pressure of Mr. M from 140/90 mmHg to 120/80 mmHg, there was a decrease in systolic blood pressure of 20 mmHg and diastolic blood pressure of 10 mmHg. **Conclusion** ; Back massage can reduce systolic and diastolic blood pressure in people with hypertension

Keywords: back massage, blood pressure, hypertension